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A PRACTICAL GUIDE TO HELP CHRISTIAN WOMEN GROW THROUGH MENTORING

WHEATON, Ill.—Women in all seasons of life can feel alone, longing for encouragement, guidance, and wisdom from someone who has been there before them. While there may be many women in their churches who have a wealth of knowledge and experience to share, often these more mature women feel ill-equipped to offer help.

In *Growing Together: Taking Mentoring beyond Small Talk and Prayer Requests* (Crossway, June 2020), Melissa B. Kruger offers women a starting place for mentoring, which she defines as “a discipleship relationship that focuses on equipping younger believers for the work of ministry so that they grow in maturity and unity in the faith with the ultimate goal of glorifying God.”

Kruger writes, “Spiritual mentors are vital for growth. Women ahead of us in the faith can look back and cheer us on in our race. They’ve been right where we are and often have the scars to prove it. We can learn from them and gain wisdom from their experiences. We also need to become women who mentor. By God’s grace, we have the opportunity to call back to younger believers and spur them on in the faith. As we teach others, the truths of God become more firmly rooted in our own hearts. Both the mentor and the disciple grow in grace as they grow together.”

Growing Together begins with a helpful introduction to mentoring, providing a framework from Scripture to guide readers as they set out to form mentoring relationships. The rest of the book is intended for the mentor and the mentee to use to guide their times together, each chapter focused on a different topic:

- The Word of God
- The Church
- Evangelism
- Prayer
- Family and Friendship
- Sin and Temptation
- Contentment
- Service
- Discernment

As women meet together, these introductory-level chapters give an overview of what the Bible teaches about the topic, discuss some of the struggles women may face in that area, and equip readers to live in light of biblical truth. Each chapter ends with questions for discussion and practical tools to prepare for mentoring times.

“Mentoring takes time, thoughtfulness, and effort. As you consider beginning this type of discipleship, let me encourage you that it’s worth it,” writes Kruger. “As we mentor, we build up the church. Let us abound in this work, knowing that in the Lord our labors are never in vain.”
ABOUT THE AUTHOR

Melissa B. Kruger (BS, University of North Carolina at Chapel Hill) serves as director of women's initiatives for the Gospel Coalition. She is the author of multiple books, including The Envy of Eve and Walking with God in the Season of Motherhood. Her husband, Mike, is the president of Reformed Theological Seminary, Charlotte, and they have three children.

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